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NEW ENGLAND  
COOK BOOK

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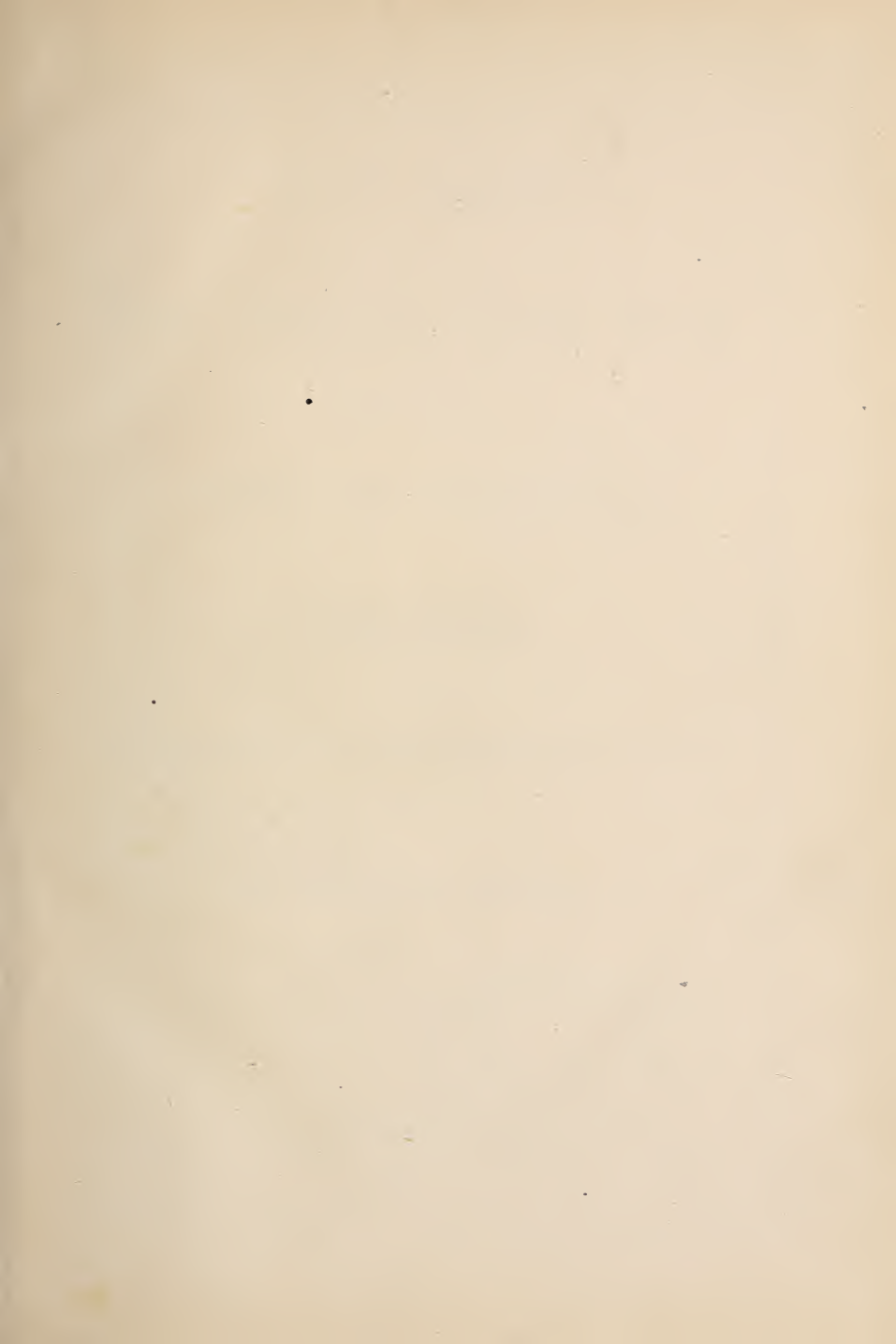
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Brewer, Mrs William H

AUNT MARY'S

# NEW ENGLAND COOK BOOK.

A COLLECTION OF

USEFUL AND ECONOMICAL

COOKING RECEIPTS,

ALL OF WHICH HAVE BEEN PRACTICALLY TESTED.

BY A

NEW ENGLAND MOTHER.

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## INTRODUCTION.

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A NEW ENGLAND mother, bringing up a large family, desirous of properly providing healthy, attractive, and palatable food for them, has, in her experience, collected many valuable receipts; a thorough trial of them has resulted in the gathering together of these in this little book. No claim is made for a collection of fancy or artistic formulas, but great care has been used to give only tried receipts. They are offered as being of real practical use, furnishing food that is healthy and nutritious. The majority of "Cook Books" are filled with receipts, a large proportion of which are never used, being beyond the requirements and means of most families. These are within the reach of every housekeeper, and if carefully followed, satisfactory and beneficial results are certain.

Plain, clear, and simple language is used, and the connection of the formulas is carefully preserved, that they may be easily understood and followed. Some articles of food are referred to which are but seldom ventured upon, being considered by most people as luxuries; a careful attention to these will show that they are inexpensive, and the use of them will enable the wife and mother to enlarge her opportunities to please and satisfy the demands of her family. We

have omitted all receipts wherein spirituous liquors are introduced, believing they are not necessary for the perfection of articles of food, and that their use in this form is baneful and conducive to bad results.

We therefore offer our little book to the public, hoping that it will be acceptable and serve a good cause, while adding to the pleasure and comfort of the best place on earth, —  
“ the home.”

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# MEATS.

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## BEEF STEW.

Cut the beef into small pieces, and boil in plenty of water three hours or until tender, but not to have it break apart. Tough meat requires more cooking than tender. When half done add such vegetables sliced as are liked, — carrots, turnips, and onions are generally used. Put in the sliced potatoes half an hour before it is ready to be removed from the fire. If the water boils away, replenish as needed. Season with pepper and salt to taste. Make the dumplings the same as soda biscuit, using one pint of flour, and the other articles in proportion. Allow twenty minutes for cooking them in the stew, or they will be lighter if steamed over it.

## BOILED MEATS.

*Corned meats* should be put on to boil in cold water; they require more time to cook than fresh meat.

*Fresh meats*, to retain their juices, should be started to boil in hot water. Remove the scum always, as it rises in boiling meats.

*Boiled Corned Beef.* — Put it into cold water, and boil it steadily, not too fast, thirty-five minutes to



every pound ; generally, it is not cooked enough ; cook until it is tender ; if served cold, press it before slicing.

### **BOILED DINNER.**

This is an old-fashioned but favorite dish.

For six or eight persons, put on six pounds of corned beef to boil about nine o'clock for dinner at noon ; if the beets are old, put them on soon after the meat ; peel four white turnips and one rutabaga, which if large, cut in thick slices ; wash the carrots ; pare the parsnips thin ; cut the cabbage, if large, into quarters, trimming it and cutting out the hard stump, leaving only enough to hold the leaves together ; select large potatoes and a piece of squash ; clean and pare them ; lay all these vegetables in cold water until it is time to put them into the pot ; if the carrots are old, boil them two hours ; the turnips and cabbage, one and a half hours ; and the potatoes, parsnips, and squash, from one half to three quarters of an hour. If a large kettle is used, boil all together, except beets ; they will do no harm, unless in coloring. Some do not like to boil the cabbage with the meat ; if so, boil it in some of the liquor taken from the pot, but fill up the meat pot again ; do the same if desired with the other vegetables. Serve the meat and each kind of vegetables on separate dishes whole, excepting the squash and turnip, which should be mashed with a little butter.

### **BOILED HAM.**

A ham of twelve pounds requires six hours to cook it. Put it into cold water ; do not boil fast. The skin

can be removed when cold, or remove it when two thirds done, and finish the cooking in the oven ; it is less greasy to take the skin off before cooking. When it is put in the oven, the fat side should be covered with powdered cracker. To test the freshness of a ham when purchasing, push in something pointed near the bone. The smell will decide the question.

### **BOILED TONGUE.**

If fresh set it to boil in hot water ; if salt, in cold water. Boil until tender ; when done peel it.

### **BEEF STEAK.**

Use a wire broiler that encloses the meat. While cooking, keep turning, and give it exclusive attention. When half done place it on a hot platter, cutting into it several times on both sides and edges ; press out the juice, return it to the fire, and cook to taste, rare or well done ; place it on the same platter, butter and salt it, add pepper if wanted, and serve hot. If the table is not ready, and the steak has to be kept hot by placing it in the oven, delay buttering it until it is required for the table, otherwise the gravy will be oily. If the steak should be frozen, do not broil it until it has been in a warm room long enough for the frost to thaw out of it.

### **BROILED HAM.**

Ham is much more relishable broiled than fried. Cut the slices thin ; do not have the fire too hot, as it cooks quickly ; broil it brown ; be careful not to burn it. Butter it in the dish, and serve hot.



**VEAL STEAK (BROILED).**

Broil it slowly and thoroughly ; it needs to be well done. Salt and butter it, and serve it on a hot platter

**CHICKEN PIE.**

Boil the chicken in as little water as possible until done. Line a deep buttered dish with pie-crust ; put in a layer of pieces of the chicken, sprinkle in bits of butter, pepper, salt, and pounded cracker crumbs, and a little finely chopped salt pork ; add three or four spoonfuls of the pot liquid, then another layer of the chicken, and so on until the dish is full ; cover with rich pie-crust, tucking in the edges. Bake an hour, or longer. Make a gravy of the remaining liquid, and serve with boiled potatoes. Veal pie is made in the same way. Some prefer the potatoes in the pie ; if so, boil them first, slice, and put them in the pie with the meat, adding more of the liquid.

**FRICASSEE CHICKEN.**

Clean and then boil the chickens until tender. If old (and they can be purchased cheaper and are as good), boil three to four hours ; if young, one hour will do. Keep them covered with water while cooking, skimming when needed. Cut them up ; put two slices of pork into the spider, and fry brown ; take out the pork, and fry the chicken brown in the fat ; remove as fast as brown, and lay in a deep dish. Thicken the liquor left from boiling the poultry with flour mixed smooth in cold water ; boil it well ; salt it ; add a little butter, if not rich enough, and turn on to the chicken. Toast relishes well dipped or spread with this gravy.

**FRICASSEE VEAL.**

Treat it same as poultry.

**SAUSAGES.**

Prick them well, and lay in the spider. Fry slowly at first, or they will burst; they will fry in their own fat. Some put them in cold water, and let them come to a boil, cooking fifteen minutes; then drain off the water and brown them. They are considered more digestible cooked in this way.

**TRIPE.**

Prepare the tripe, and cook it same as fresh fish. Always keep tripe in cold water before it is cooked.

**HASHED MEAT AND POTATOES.**

Take the bits of cooked meat left from the meals; if hard and dry set them in cold water, and stew them until tender in just enough water to cover them; chop fine; mash with a pestle an equal or larger quantity of hot potatoes, and mix in with the meat; season it, and if too dry, add a little of the water the meat was stewed in. Fry a slice of fat pork, and add the fat; brown the hash in the same spider; if butter is plenty, use it instead of pork. Turn it out brown side up on a hot platter, and keep it hot for the table.

**HASHED VEAL.**

Take the cold pieces of veal left from a roast, and chop them; beat up and add several eggs, pepper and salt, a small piece of butter, and just enough water to make a moist hash; have ready a platter covered with

toast slightly moistened and buttered ; cook a few minutes, and turn the hash on to the toast. Serve with a dish of fried potatoes, and it will make a nice breakfast.

### LARD.

There is no need of there being such a prejudice against the use of this useful article, if care is used in its preparation. Every good housekeeper should attend to this herself. Carefully purchase the leaves, selecting those that are clean and fresh ; cut them up in small pieces ; place in an iron kettle, adding a small teacup of cold water ; heat gradually, and boil slowly for about three hours, stirring occasionally. When the solid parts or scraps are brown and inclined to form together in lumps it is done ; add salt if preferred, to settle it. Dip off the liquid into tight wooden firkins or jars ; press out the fat from the scraps, and put it by itself, as it may not be clear. Care will produce lard which will be white and unobjectionable to use, and better than is generally sold ; cover and keep in a cool place, and it will not hurt for a year. Never pour hot lard into a vessel partially filled with cold lard, as there will be a space where the two meet which will induce mould.

### POTTED PIGEONS.

Pick and clean the pigeons ; stuff them with a rich dressing, one egg to two crackers and a piece of butter ; season with pepper, salt, and a little marjoram, sage, or summer savory. Flour the pigeons well ; lay them in the pot with a small piece of salt pork ; boil them until tender, or about two hours, keeping them just

covered with water while cooking. When done lay them in a deep dish ; if the liquid is not thick enough for gravy, mix a little flour smooth in cold water, and boil into it ; turn the gravy over the pigeons.

#### **DIRECTIONS FOR ROASTING.**

Dredge flour on all roasts before putting in the oven ; watch and turn when needed ; occasionally baste with the liquor in the pan ; then dredge on more flour with salt and pepper half an hour before they are done

#### **ROAST BEEF.**

For a six-pound roast allow two hours ; never wash it ; scrape and trim, or wring out a wet cloth and wipe it if soiled ; dredge it with flour before putting it in the oven ; keep water in the pan ; if scorching on the outside before it is done through, lay on a buttered paper.

#### **GRAVY.**

It is a good plan to keep some browned flour at hand ; brown it in a tin in the oven, stirring often. With the liquid in the roasting pan, mix one or two teaspoonfuls of the brown flour smooth in cold water, and boil up ; if not stiff enough add more flour ; if the gravy is oily, skim it before thickening it ; add salt. This is a good rule for gravies, except for poultry.

#### **ROAST LAMB**

Requires about a quarter of an hour to a pound. Wash and roast as other meats.

**ROAST PORK**

Needs to be well done ; burns easily ; prepare same as lamb ; allow at least half an hour to the pound.

**POULTRY.**

Poultry requires careful cleaning ; singe off the hair ; remove the pin-feathers ; clean and wash the inside thoroughly ; stuff and sew up with a few stitches ; tie or skewer the legs to the body or together ; fasten the wings to the body ; secure the skin over the end of the neck. Allow about twenty minutes to a pound for a turkey, and for a pair of chickens from one to two hours for roasting. Flour and baste them like roast meat, and rub them with a little butter just before they are done.

**STUFFING OR DRESSING FOR POULTRY, VEAL, ETC.**

For a nice dressing, use the inside of a loaf of stale bread or crackers pounded up. To be economical, use old bread crusts softened in milk or water on the back of the fire ; add one egg or more if thought best ; butter, pepper, salt, and a teaspoonful of sweet herbs as one may fancy ; have enough bread to make it stiff ; put it into the meat neatly. Cracker will make a much harder dressing than bread. Make gravy for poultry same as roast meats, adding the boiled inwards (heart, gizzard, and liver) chopped fine. Nearly all kinds of poultry or game can be cooked by these rules.

**ROAST VEAL.**

Veal requires a good deal of time to cook ; wash it if needed ; dredge on flour ; lay it in a pan with a pint



or more of water ; see that the water does not dry away ; allow at least twenty to twenty-five minutes to a pound, from the time it begins to roast. It is oftener cooked too little than too much.

### SOUPS.

In cooking meat for soups, cover with cold water ; add salt and boil four to six hours ; take off the scum, which the salt will cause to rise ; when the meat is breaking apart, drain off the liquid and set it aside to cool ; take off the fat. Put back the meat in the liquid and what vegetables are desired, cut up small, boil an hour and a half ; half an hour before it is done, put in some small pieces of macaroni or kernels of rice ; if rice is used, soak it previously in cold water several hours. Season to taste. It is well to cook the meat the day before the soup is to be made.

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## FISH.

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### BOILED FISH.

*Salmon.* Clean it, wrap it in a floured cloth, and put it on the fire in cold water, with a little salt ; allow fifteen or twenty minutes to a pound ; serve with drawn butter.

*Halibut* does not require so long a time to cook.

*Cod* or *Haddock* will boil in three quarters of an hour.

**DRAWN BUTTER FOR BOILED FISH, ETC.**

Take half a cup of butter, soften, but not melt it; rub into it two tablespoons of flour, pour on a pint of cold water; boil up once and add two or three hard-boiled eggs cut up fine; salt it.

**BROILED FISH.**

To broil mackerel, halibut, salmon steak, shad, or any split fish, wash and wipe dry, put them on a greased or buttered broiler over a steady fire. The wire toaster or broiler is the best, as it is double, and both sides of the fish can be cooked readily. Broil steadily, not too fast, that the fish may be done all through and not burned. Raw fish is unhealthy and unpalatable. When done, lay it on a hot dish and sprinkle on a little pepper and salt, and some pieces of butter. Set it in the oven just long enough to melt the butter. Fish cooked in this way is very desirable to lovers of it.

**CLAM CHOWDER.**

Separate the soft from the hard parts of the clams; do not break the soft parts; chop the hard parts fine; make the chowder same as fish chowder, using both parts of the clams together instead of fish.

**DRIED SALT FISH.**

Always soak it over night in cold water; in the morning rinse, and set it on the fire in cold water and have it come slowly to a boil; boil it a few minutes until tender, — too much boiling makes it tasteless; drain off, carefully pick out the bones and clean off the dark



skin, put it in a dish, cover with drawn butter, and serve it. Another mode is to pick it in small bits, lay it on a dish, distribute pieces of butter over it, and set it in the oven long enough to melt the butter. For minced fish, chop it fine, add twice as much (or more) boiled potatoes; mash while hot with a pestle. Fry a couple of slices of fat salt pork brown, turn the fat into the hash and mix it well in with a little pepper; turn it into the same spider you have used for the pork, and fry it a delicate brown. Turn it over on to a platter and serve at once.

For fish-balls, after mixing the potatoes and fish, form it with the hands into balls about as large round as a dollar. Roll in flour and fry in lard same as doughnuts, hot enough to cook brown in one or two minutes. Do not keep the fat on the fire a moment after it is hot enough, without a fish-ball in it; set them in the oven a few minutes and serve hot. This rule, if followed closely, will cook fish-balls without absorbing fat.

#### FISH CHOWDER.

Cut two slices of salt pork in little squares, fry them brown in a deep kettle; wash the fish and lay it into the kettle on the pork; the head parts first, — being bony they are not so apt to scorch, and also furnish the glutinous or richest part of the chowder; if this covers the bottom of the kettle, lay on thin slices of raw potatoes which have been peeled and washed; sprinkle with salt and pepper; fill in with alternate layers of fish and potatoes, not omitting the seasoning, until the required quantity is in the kettle; cover with

boiling water ; start it boiling quickly, and as soon as it boils thoroughly, set it where it will boil steadily and slowly. Pilot bread or crackers can be put in each layer or on the top as may be preferred. Most people like onions to flavor ; cut up a couple of onions if wanted, and lay in with the potatoes. Just before it is done put in a piece of butter about the size of an egg. When done the potatoes will be cooked ; then pour in a pint of milk, or enough to make as much soup as may be wished ; let it boil up once after adding the milk.

#### **FRIED CLAMS.**

Fry same as oysters ; cut off a part or the whole of the heads before frying if they are objectionable.

#### **FISH.**

Fry all kinds of fresh fish in this way : Wash it and wipe it dry with a clean cloth ; put a handful of meal and a little salt in a plate ; roll the pieces of fish lightly in this, and fry in beef fat, dripping, lard, or what is generally liked the best, the fat of two slices of cooked salt pork. If the pork fat is not enough, add a bit of lard, just enough to keep the fish from sticking. Some prefer butter, — the only objection might be the cost ; always fry the skin-side of the fish first.

#### **FRIED OYSTERS.**

Wipe them dry ; dip in beaten egg ; roll in fine cracker crumbs and fry in boiling fat same as dough-nuts ; or fry same as fried fish.

**SCALLOPED OYSTERS.**

Butter a deep dish ; place in it a layer of pounded crackers, followed by a layer of oysters ; season with pepper and salt, adding bits of butter and two table-spoonfuls of oyster liquor or water, another layer cracker and oysters, and so on until the dish is full ; cover with cracker crumbs ; bake in a hot oven at least three quarters of an hour ; use some nutmeg if liked ; if not moist enough, add more water next time.

**SCALLOPS.**

Dip in Indian meal and fry in fat as fresh fish.

**STEWED CLAMS.**

Stew same as oysters, with less liquor.

**STEWED OYSTERS.**

Use a spider to stew them in, and there will be less liability to burn. Take a quart of oysters ; take each one out of the liquor, and see that no shell adheres to it ; put them into the spider ; pour in the liquor, removing the bits of shell ; if solid they will need a cup or more of water ; thicken with a heaping teaspoonful of flour mixed smooth in a little water ; add pepper, salt, and a bit of butter ; stew until the oysters begin to look ruffled, perhaps three or four minutes (some prefer to only boil them up once) ; turn them into a deep dish with a piece of butter as large as a small egg ; scald one pint or more of milk and turn into them ; if the milk is rich decrease the butter ; use milk and water according to the amount of liquid desired.

## VEGETABLES.

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### NEW ENGLAND BAKED BEANS.

PICK over and wash one quart of white beans and soak them over night in cold water ; turn off the water, renew it with fresh, and boil steadily, keeping them covered with water until they begin to crack ; drain and put them in the baking pot with not over half a pound of salt pork ; cut the pork rind through across several times and have it a little above the beans ; add two teaspoons of salt and one tablespoon of molasses ; cover with water and bake slowly, all night is better ; if cooked in a quick oven the water will dry away faster ; keep sufficient water on them until done.

### ASPARAGUS.

Put it tied up into salted boiling water, and boil it about half an hour, or a little longer if old ; take several slices of toast ; moisten it with the asparagus liquid ; butter and lay it on a hot dish ; as soon as the asparagus is cooked, distribute it on the toast ; put some bits of butter on it, salt it, and serve it hot.

### BEETS.

To boil beets, wash them but do not bruise or cut them, or they will bleed their color out ; put them in boiling water, and if not young and tender they will require at

least two hours to cook ; cook until done, which can be ascertained by pricking with a fork ; when done rub off the skins quickly in cold water ; slice or serve whole.

#### **CABBAGE.**

Remove the outside leaves which are rusty, decayed, or soiled ; cut off the stump close to the head, put it into plenty of boiling water with a piece of salt pork ; boil until tender ; a common-sized head will require an hour and a half ; drain out and serve hot.

#### **COLD POTATOES.**

If you have cold boiled potatoes on hand, put them into cold water and bring it to a boil ; they will be heated through then and can be used for hash or fish-balls, and are just as good if perfectly sweet.

#### **CORN.**

Put the ears of corn after husking in salted boiling water and boil twenty to thirty minutes ; serve hot.

#### **GREENS.**

The roots and tops of young beets, dandelions, spinach, etc., make a healthy diet in the spring. Boil in plenty of water ; some change it once or twice ; they will cook in about an hour ; add a piece of salt pork to the last water they are boiled in.

#### **ONIONS.**

Skin them and put them in cold water for a short time before cooking. Put them in boiling water ; it is better to change the water once or twice while cooking ; some prefer to turn off all the water when done and



boil them up with a little milk ; sprinkle them with a little pepper and salt ; add a little butter. One or two hours will be needed to cook them, according to their age.

#### **PEAS.**

Put them into boiling water ; if young and tender they will cook in thirty to forty minutes ; drain and add a generous piece of butter with a little salt.

#### **PARSNIPS.**

If young, scrape them ; if old, pare them very thin. Boil about half an hour, or until tender. Serve them whole or divide them, and add butter, pepper, and salt ; serve hot.

#### **SWEET POTATOES.**

Boil same as white ones ; just before they are done, peel and dry them in the oven a few moments, and they will be much improved. Sweet potatoes will keep much better and be more mealy if placed in a dry and warm atmosphere where the thermometer will not indicate below 60°.

#### **TURNIPS.**

Boil in salted water about two hours ; when tender, drain them out ; mash them, add butter, pepper, and salt. Serve hot.

#### **WHITE POTATOES.**

Wash thoroughly ; put into boiling water ; some add a little salt. Toward the spring, when old, they are better peeled before boiling. When done a fork will enter them easily ; better if served at once after cooking.

**BUTTER BEANS.**

Shell and put them into plenty of boiling water, with a small piece of salt pork; cook fast about an hour, keeping up the amount of water; drain and serve with butter and salt, or, if economy is practised, serve with salt pork. It is very good.

**CARROTS.**

Before cooking, wash and rub or scrape, and lay them in cold water awhile; then place them in boiling salted water and cook them nearly two hours.

**CUCUMBERS.**

Peel and slice across; lay them in a dish, and cover with cold water half an hour before serving; drain off the water and serve. Cucumbers are not unhealthy, if eaten fresh.

**FRIED APPLES.**

Wash, wipe, quarter, core, and slice (not peel) the apples; grease the spider with a bit of fat salt pork, lard, or suet, when hot; half fill it with the apples. Cook, keeping it covered. Turn while cooking, but do not mash them. A good dish with hashed meat.

**SARATOGA POTATOES.**

Slice with a potato slicer. Soak them in weak alum water, and fry in hot lard, same as doughnuts.

**SQUASH.**

Pare; remove the seeds and pith; cut into small pieces, and steam it, rather than boil, until tender.



Remove it and mash it ; add butter and salt, and serve hot.

### **TOMATOES.**

For stewing, cover with scalding water ; peel them, removing the unripe or hard parts ; stew in a saucepan at least half an hour ; season with pepper and salt. When done add a piece of butter ; remove from fire and serve. Some prefer them thickened with bread, cracker crumbs, or flour. Add sugar, if preferred.

For baking, peel and place them in a dish with butter, pepper, and salt, and bake three quarters of an hour.

For scalloping, prepare same as oysters, with cracker or bread crumbs.

### **STRING BEANS.**

Clip the ends, stringing each side ; cut into inch pieces ; put them into boiling water with a small piece of salt pork. They are better to boil slowly for several hours, keeping them covered with water. When tender drain, and add a piece of butter ; salt, and serve hot.

### **SUMMER SQUASH.**

If young and tender cook whole ; if not, pare, quarter, and take out the seeds. Steam until done, mash, add butter, salt, and smooth the top after it is in the dish.

## BREAD.

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### BROWN BREAD.

THREE cups of corn meal ; one cup of rye meal ; one cup of flour ; two thirds cup of molasses ; one and one half pints milk ; one teaspoon of soda ; one even teaspoon of salt. Cook in a steamer. To crust it, dry it afterward a short time in the oven.

### BUNS.

Two cups scalded milk, cooled to blood heat ; one cup of yeast or equivalent of compressed yeast ; mix with flour rather stiffer than fritters, let it rise, then add two cups of sugar and one cup of butter beaten to a cream ; one teaspoonful of soda ; mix with flour full as stiff as bread ; mould it well ; let it rise, then cut out and lay in pans, and after it has stood for rising bake it. Relish better when eaten warm. If liked, stir in before moulding a cupful of huckleberries or the same quantity of dried currants.

### CREAM TOAST.

Toast the bread, have ready some hot milk ; dip the toast in it, and when soft lay it in a deep dish ; take a quart of milk, more or less as is needed ; thicken it with two dessertspoons of flour, using part of the milk to mix it ; stir in a generous piece of butter and a little salt ; turn this over the toast and serve hot.

**CORN CAKE.**

Two or three eggs ; three tablespoons of sugar beaten together ; one pint of milk ; one pint flour ; one pint Indian meal ; two teaspoons of yeast powder, or instead one even teaspoonful of soda, and two rising teaspoonfuls cream of tartar ; one even teaspoon of salt ; butter size of an egg, melted. To economize, use lard instead of butter ; it will be nearly as good. Bake in little tins or cake pans. Sufficient for six persons.

**GRAHAM CAKES.**

One pint graham flour ; two tablespoons of sugar ; one half pint white flour ; a little salt ; two rising teaspoons of cream of tartar ; one even teaspoon soda ; two eggs ; one half pint of milk ; melted butter or lard size of an egg. Bake in little tins.

**ANOTHER.**

Three cups graham flour ; one cup wheat flour ; two tablespoons lard or butter melted ; two even tablespoons sugar ; one teaspoon soda ; two of cream of tartar ; mix with just enough milk to roll out, and bake like soda biscuit.

**SODA BISCUIT.**

One quart of flour, and mix in one even teaspoon of soda ; two slightly rising teaspoonfuls of cream tartar ; add a little salt ; work in lard half the size of an egg, or butter if preferred ; stir in enough milk to make the dough so that it can just be handled ; now work quickly ; roll about three quarters of an inch thick ; cut with a biscuit cutter, and bake immediately in ten to

fifteen minutes. The excellence of these biscuits depends much upon the fineness of the flour, being handled lightly and quickly, and a hot oven.

### TEA CAKES.

Beat two eggs, add one cup sugar, two cups milk, five and one half cups flour; one even teaspoon soda, two rising teaspoons cream tartar; butter size of an egg (melted), pinch of salt; eaten warm. This will serve for a family of eight, or for a small company in addition to plain bread. Bake in small tins.

### TEA ROLLS.

One pint of milk scalded and used when lukewarm; add one half cake compressed or one half cup potato yeast; one tablespoon sugar; one tablespoon of lard or butter melted; stir in flour enough to make it handle easily; mix in the evening, in the morning stir it down with a knife, and once or twice during the day if it rises fast. If very hot weather, after it has well risen set it in the refrigerator. An hour or two before supper (according to the season), roll out and form into round cakes; wet the tops lightly with melted butter or lard, and fold them over not quite in the centre; if small they will bake in fifteen or twenty minutes. Enough for a family of eight or ten.

### THIRD BREAD.

To a pint each of wheat and rye flour and corn meal add two tablespoons of molasses; one half cake of compressed yeast; mix with warm water, until the spoon

comes out smooth ; rise over night, and again while in the pans before baking.

### FLOUR.

From the multitude of grades of flour in the market, we advise the purchase of the best for bread, biscuit, or rolls ; it will be the most satisfactory as well as economical. The common grades of flour are better for cake, pastry, or brown bread. It is well for a good-sized family to provide a barrel of each kind.

### WHITE BREAD.

No definite rule can be given for making bread ; experience and judgment are needed more than a set rule.

In dry and hot weather, cold water should be used in mixing flour. In damp, cold weather, the water needs to be slightly warm ; while in colder, severe weather, the water can be quite warm and the dough set in a warm room.

Half a cake of compressed, or two thirds of a cup of liquid yeast, with nearly a quart of water, will absorb enough flour to make one large or two small loaves and a pan of biscuit. Mix stiff enough to handle easily. After placing the biscuit in the pan, let them set on or near the fire to rise ; bake when well risen. Loaves set for rising should rise to nearly twice their size before going into the oven. Should bake steadily.

Use salt liberally in mixing bread ; too little is generally used. Softer bread can be made with milk, which has been previously scalded and allowed to cool to the



right temperature before using. Some prefer a little lump of butter or lard, and mix with water. Others like a tablespoonful of sugar added. If made with the hands, knead thoroughly; cover and set to rise over night.

Bread mixers are coming rapidly into use. There is and will be considerable prejudice against them, as there has been in regard to clothes-wringers and other labor-saving inventions; eventually a bread-mixer in the house will be as common and necessary as the wringer is now. If ease and despatch are desired, one half the strength and time can be saved, excellence and uniformity are assured. Another excellent feature, which all desire in bread, is that of cleanliness; this also is certain, as the hands do not come in contact with the dough. Any one, however inexperienced or muscularly weak, can avail themselves of these certainties. We have used one in our family for nearly two years, and speak as we do from actual knowledge. Be careful to get a good kind. Always keep bread in a tin box.

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## PIES.

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### PIE-CRUST.

THE general rule for making crust is: one double handful of flour to one tablespoonful of lard, adding a little salt, and work well together; mix stiff with cold water. This will make enough for one pie; if desired richer, add more shortening.

Butter can be used in lieu of lard, if economy is not needed. Lard or drippings can be used, and the dough rolled out several times and dotted with butter.

A more healthy pie-crust is made of cream and salt. It will not look so inviting, but will taste very good. A small cup of cream with flour will make crust for one pie. To make the pies look brown and flaky, dip the fringed edge of a napkin or something like it in milk or cream, and draw it over the top crust just before baking.

#### **BERRY PIE.**

For all berry pies make an under and upper crust. Have the berries carefully cleansed ; if they are moist add two tablespoonfuls of sugar to a pie ; if the berries are dry, add also two tablespoonfuls of water. Currants require twice as much sugar. In all berry pies tuck the upper crust under the edge of the lower one, and do not bake so fast that the juice will stew out in the oven.

#### **CUSTARD PIE.**

Place an under crust on a deep plate. Use two eggs to a pint of new milk, or three is better ; add salt and sugar ; flavor to taste with essence of lemon or nutmeg. Bake with steady heat, not too quickly. When it is done it will be thick in the middle ; if left after that in the oven it will grow watery.

#### **LEMON PIE.**

Cover the plate with a good crust, have ready the following : juice and rind of two lemons ; one cup of



sugar; two eggs; two heaping teaspoonfuls corn starch; beat the eggs and flour well together. Stir in quickly one cup of cold water just before turning it on to the crust, and cover it closely, or lay the crust on it in strips, according to choice.

#### **PLAIN MINCE PIE.**

Boil the meat with but little fat, thoroughly; prepare and chop fine with the meat, twice as much apple as meat; use for moistening some of the liquor the meat was boiled in; add chopped raisins; also currants and citron if liked; one half molasses and one half sugar; salt, cinnamon, a little clove and nutmeg to taste; the juice of a lemon; and if the use of sweet or boiled cider is objectionable, put in a little vinegar; if not moist enough use more of the meat-liquid or water. Stew all before filling the pies. This makes a simple but digestible and very good mince pie.

#### **POOR MAN'S PIE.**

Butter a pie plate; fill it with sliced apple, and put a crust over it. Bake it, and when done turn it over on to another plate. Sprinkle on the apple a little sugar and nutmeg, and serve hot.

#### **SLICED APPLE PIE.**

Place a crust on a plate; spread it thick with sliced apples. If a large pie, put in two tablespoonfuls of molasses, and the same of sugar; one quarter of a nutmeg grated; one half teaspoonful of cinnamon; cover

with crust, tucking it under the lower crust. Bake slow enough to keep in the juice.

### **SQUASH PIE.**

Boil or steam the squash ; strain it, and add one egg to a coffee-cup of squash ; salt and sugar to taste ; add milk enough to make it the consistency of thick syrup. Some squashes will absorb more milk than others. Flavor with a little essence of lemon or nutmeg. Under but no upper crust.

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## **PUDDINGS (HOT).**

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### **APPLE TAPIOCA.**

Put three tablespoonfuls of tapioca in enough cold water to cover the apples ; soak it several hours ; pare and cook six apples ; put them in a buttered baking dish, fill the middle of each with sugar and cinnamon ; pour the tapioca over them and bake ; eat with cream and sugar.

### **BAKED BATTER PUDDING.**

One pint of milk ; three eggs ; four tablespoons flour ; one fourth teaspoon salt ; take part of the milk and mix in the flour smooth, then add the rest of the flour with the salt and eggs well beaten ; bake immediately in a dish or in small cake tins ; when risen in the middle they are done ; serve at once while hot, with rich pudding sauce.

**BREAD PUDDING.**

Lay sliced and buttered bread in a baking dish, scattering in raisins ; prepare a custard of four to six eggs, with a quart of scalded milk, and one half cup of sugar ; flavor it if desired, and turn it over the bread, filling the dish ; let it stand and soak an hour or two before baking ; bake with steady heat ; serve hot.

**BAKED INDIAN.**

Take a part of a quart of milk and stir in a cup of Indian meal ; put the balance of the quart on the fire, adding a teaspoon of salt ; when it boils add the Indian meal, stirring constantly for several minutes ; while boiling remove from the fire and mix in a cup of molasses, and one and a half of cold milk ; bake in a buttered pudding dish four hours, or better all night in a slow oven ; raisins can be put in if desired after the pudding has been baking an hour.

**TAPIOCA PUDDING.**

One small cup tapioca well cleaned and soaked over night in water just enough to keep it covered ; scald three pints of milk ; add four or five eggs well beaten ; two thirds cup of sugar ; flavor with essence of lemon, or nutmeg ; stir in the tapioca and bake in steady oven ; take it from the oven as soon as done in the middle, or it will turn watery.

**COTTAGE PUDDING NO. 1.**

Make like tea cakes, only bake it in a buttered tin ; mould and serve with hot sauce.

**COTTAGE PUDDING NO. 2.**

One cup of sugar, one half cup of milk, two cups of flour, whites of two eggs, butter size of an egg, and teaspoonful of yeast powder or its equivalent; bake in a buttered mould and eat hot with liquid pudding sauce.

**STEAMING.**

Steaming is a more delicate and healthy way of cooking some articles than boiling. The steamers that are sold are objectionable on account of their high cost. A common squash strainer (not a colander), with a wire handle on each side and that will fit into an iron kettle nearly or quite down to its rim, will make as good a steamer as can be bought; put the article to be cooked in an earthen dish and set it in the strainer; cover the whole and boil the water in the kettle; the steam will furnish moisture enough for most things, but not for such as oatmeal, etc.

**STEAMED APPLE PUDDING.**

Peel and slice the apples and nearly fill a pudding dish, as they shrink in cooking; make a batter same as for soda biscuit, taking one pint of flour and the other articles in proportion. Steam the apples one and a half hours, and then spread the batter over them; it will be done in about twenty minutes. Serve with molasses or cold sauce.

**BERRY PUDDING.**

One pint of flour, one half pint of milk, one quart of berries, one or two eggs, one teaspoon cream of

tartar, one half teaspoon of soda. Beat well together, adding the berries last; steam at once. Serve with hot or cold sauce.

### OATMEAL.

Soak in cold water over night, and steam for breakfast; add water enough while cooking to make it soft and palatable.

### RICH STEAMED PLUM PUDDING.

One cup suet chopped fine; one cup raisins chopped fine; two cups milk; one cup currants well cleaned; one cup molasses; four and one half cups flour; one large piece citron, cut up small; two teaspoonfuls soda; one even teaspoonful ground cloves; two even teaspoonfuls cinnamon; one small nutmeg grated; one teaspoonful salt. Steam it three hours.

### STEAMED PLUM PUDDING (Plain but Good).

One cup raisins chopped fine; one cup molasses; one cup milk; three cups flour; one even teaspoon soda; piece of melted butter size of an egg. Steam it three hours.

### RICE.

In cooking rice always steam it. Place it in a dish, and set it in the steamer with three times as much cold water; add a little salt; when it swells keep just enough water in it to have it feathery, otherwise it will be soggy. If the rice has not been previously soaked in cold water, it will require two hours to cook it.



## PUDDINGS (COLD).

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### BAKED CUSTARD.

SCALD the milk ; beat together the eggs and sugar (five to six eggs to a quart of milk make a good custard) and add to milk ; flavor it and turn it into a pudding dish or custard cups, and bake. Try with a knife, and if it will cut clean, it is done. Do not let it cook a moment more or it will crack.

### CHOCOLATE PUDDING.

Take one quart milk and with a part of it mix smooth three rising tablespoonfuls corn starch ; take the rest of the milk and boil it in a pan set in hot water. Stir in a small cup of sugar and a pinch of salt ; when hot stir in two rising tablespoonfuls of grated chocolate, and when it boils add the corn starch ; stir it often until it thickens ; then pour it into a cold dish ; flavor with a half-teaspoonful of vanilla. Serve it cold.

### MOSS BLANC-MANGE.

A quart of milk and as little moss as will harden the milk — two tablespoonfuls to a quart is enough ; after picking it over and washing in cold water, boil it in the milk slowly twenty minutes ; strain it into a mould with one third cup of sugar, well stirred in ; flavor it as you please ; or leave out the sugar and serve with sugar and cream or rich milk.



**PAN PIE.**

Take pieces of third bread and put them in a pudding pot, a layer of bread and a layer of apples peeled and sliced, alternating until the pot is full. Then turn molasses over it in quantity according to size of pot or to one's taste, perhaps a large cupful to a quart of pudding; or if liked better, use half sugar and half molasses. Bake in a slow oven, and serve with cream if you have it.

**COLD PLUM PUDDINGS.**

Take half a loaf or more of stale bread, break it up, add one small cup of molasses, one half teaspoonful of cloves, one and one half teaspoonfuls of cinnamon, one half teaspoonful of grated nutmeg, little salt, butter size of an egg; cover with milk and soak on the back of the range or stove four hours; if the bread absorbs the milk, add enough to keep it a stiff batter. Remove from fire; add two or three beaten eggs and one large cup of whole raisins; turn it into the pudding pot after greasing it well. Bake in a slow oven, or all night. If the batter is stiff enough, the raisins will not settle. Turn out when done and slice it cold. This will make a pudding for eight people.

**SNOW PUDDING.**

Take one half box of gelatine, soak it in cold water ten minutes, add the juice of one lemon; pour on one pint of boiling water, stirring until the gelatine is dissolved; add two cups of sugar and let it cool; when

it begins to thicken, beat in the whites of two eggs for five minutes, that have been previously beaten to a stiff froth with an egg-beater. Take one egg, add the yolks of the two eggs, a pint of milk, a tablespoonful of sugar, and make a boiled custard for the sauce; flavor with a few drops essence of lemon and serve the pudding cold.

#### **SOFT CUSTARD.**

Four eggs to one quart of milk, with two dessert-spoonfuls of sugar, make a good custard. Six eggs, with four tablespoonsfuls of sugar and one quart of milk, make a better one. Place the milk in a pan, set in a kettle of boiling water; when it boils add the eggs and sugar well beaten, it is better to remove it from the fire while stirring this in. Return it to the kettle, and the instant the least tendency to thicken is discerned, remove it and set the pan in cold water; add flavoring. This needs care in making. One will improve with experience.

#### **SPONGE CAKE PUDDING.**

Put old or stale slices of sponge cake in a dish; turn cold soft custard over it, and serve it for lunch or tea. It will be very nice.

#### **TAPIOCA CREAM.**

Soak over night three tablespoonfuls of tapioca in water enough to cover it. Then add a quart of cold milk, and cook it slowly until soft; cool it; add the yolks of three eggs well beaten, nearly a cup of sugar,

and a little salt ; cook a few minutes ; when done flavor as you please. Thoroughly beat up the whites of the eggs to a stiff froth with two tablespoonfuls of sugar ; add a few drops of essence of lemon, and cover the top of the pudding with it.

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## PUDDING SAUCE.

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### COLD SAUCE.

ONE cup of butter ; two cups sugar well creamed together, and flavored. Delicious on apple puddings.

### MOLASSES SAUCE.

One cup of molasses ; small piece of butter ; one tablespoon vinegar ; boil together ten minutes. Good on apple pudding.

### EGG SAUCE FOR PUDDINGS.

With an egg-beater beat three eggs until they are thick ; or beat yolks and whites separately and afterwards mix them. Then beat well in one large cup of sugar ; flavor it, and serve as soon as made. This is very fine.

### ANOTHER.

One cup of sugar, a little butter, one egg, beaten together ; stir in one half cup of hot water ; set it in a pan of hot water and boil it five minutes.

**PUDDING SAUCE.**

Beat two eggs, yolks and whites separately ; beat into it two thirds of a cup of sugar ; scald one half cup of milk, and pour into it ; stir and flavor it.

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**ICE CREAM.**

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SET on the back of the fire one third of a box of gelatine in a coffee-cup of new milk. Let it remain there half an hour. Put into the freezer four eggs well beaten, one quart of cream, one and a half cups of sugar. Move the milk and gelatine on to the front of the fire ; stir constantly, and it will soon dissolve ; turn it at once into the freezer. Fill up the freezer to within four inches of the top with rich scalded milk ; flavor it. If vanilla is used, one half a teaspoonful is enough. Lemon will require twice that quantity. Strawberry, use the extract, and color with cochineal or aniline ; in their season the berries mashed and strained can be used. Chocolate, grate sufficient to color the quantity, and dissolve it on the fire in a little milk. Break up the ice. To do this easily, go to some sail loft and have a No. 1 duck bag made, fifteen by twenty-two inches ; put the ice in it, and break it by pounding on the outside with a wooden mallet. Fill the tub around the freezer with the ice, cover it with coarse salt, — about a pint is enough. Turn it moder-

ately and steadily. After the cream appears to be frozen, turn about five minutes; these last few turns will grain it well and swell it, filling the freezer. It will take from twenty to thirty minutes to freeze with one of the modern freezers. Care must be taken not to allow the water to rise too near the cover of the freezer, as a very little in the cream will spoil it. If cream is not available use scalded milk, adding two or three more eggs. To make the richest ice cream use four eggs to about five pints of thin cream.

We have made from this receipt for our family oftener than once a week, for several years, and have found it healthy, of moderate cost, easily made, and very enjoyable, especially in the summer. This receipt is for a four-quart freezer.

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## EGGS.

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### BOILED EGGS.

Put them in boiling water, keeping the water boiling for three and a half to four minutes; to boil them hard requires from ten to fifteen minutes. Another way is to set them on the fire in very hot water, and let them cook without boiling about ten minutes; they will be very delicately cooked.

### FRIED EGGS.

Have ready a hot griddle greased with butter, — some prefer ham fat; break each egg into a cup and turn

it on to the griddle, if certain the egg is fresh, break directly on to the griddle. Turn them or not, as preferred, with a spatter. They are done as soon as the whites are cooked.

### **DROPPED EGGS.**

Break them carefully into slightly boiling water, boil slowly until done; drain them out carefully and lay them on buttered toast to serve.

### **OMELET.**

Beat the whites and yolks of the eggs separately, then mix them, and fry (not too quick) in a hot spider just greased with butter. If they cook faster on the bottom than on the top, set the spider in the oven a moment; serve hot. Sprinkle on salt just before serving.

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## **CAKE.**

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### **GENERAL DIRECTIONS.**

THE commonly used teacup is the size referred to as a measure.

In melting butter for gingerbread and other cakes, melt it slowly, else it will burn and turn a dark color, and always mix it in to the batter the last thing.

Use butter, rather than lard or drippings, to grease pans or pie-plates; the articles cooked in them will turn out better.



Saleratus and bicarbonate of soda differ but very little; and as the soda is most generally sold for saleratus, and is equally as good for cooking purposes (some prefer it), it has been introduced into all the receipts needing its use. Care should be used in purchasing this and the cream of tartar, as injurious articles are too often used in their manufacture. No respectable dealer or manufacturer will sell other than the "strictly pure," if it is called for. Keep them in a close wooden box or glass jar; the soda will harden, and care should be taken that it is thoroughly pulverized before using, otherwise it will appear in disagreeable streaks or spots in the bread or cake after cooking. Mix it in dry; no need to dissolve it in milk or water.

Always cream the butter and sugar. The cake is improved if the yolks and whites of the eggs are beaten separately; the yolks until they look thickened, and the whites until they can be cut clean with a knife. Cake can be made if the eggs are beaten all together, thoroughly and quickly.

Be certain that the oven has a steady heat before putting in the cake. If it browns too fast on the top, cover it with buttered paper. If necessary to move it in the oven, do not jar it, as it may make it heavy. It is a good plan to always try the oven and cake by baking a little cake previous to putting the batter in the baking-pans; this is essential, as the quality of flour varies: some will thicken more than others. Beat the batter just before putting it in the pans, and then immediately bake it.

If cake falls while baking, it is because there is not

flour enough in it ; and if it rises too much, and is stiff and hard, then there is too much flour in it. Cake when done generally settles away a little from the sides and ends of the pan. Always let it stand a few minutes before taking it out of the pans, but not long enough to get cool.

If the batter or cake should be an utter failure, a nice plum pudding can be made of it. See receipt for cold plum pudding. A tin cake-box is invaluable for cake, doughnuts, etc., but a stone jar will answer.

A good egg-beater is very desirable, but among the many offered in the market, select the one that is thorough and efficient in its results. The aerated principle is the best. Cake is much nicer to use one in beating the whites of eggs to a froth ; three minutes is sufficient if the beater is a good one.

#### CHARLOTTE RUSSE.

Line the sides of a three-pint mould with sponge cake one half inch thick ; dissolve one third of a box of gelatine in a cup of cold water ; set it for fifteen minutes where it is warm, on the back of the fire ; then bring it to the front and stir it until it is dissolved ; strain this through a fine tin strainer ; add two thirds of a cup of powdered sugar and a small teaspoonful of vanilla.

Put one pint of thin cold cream into a deep dish and churn it with a whip churn to a froth ; take the froth off with a spoon, when the bowl is full, placing it in another dish ; repeat until the cream is all whipped ; if the cream thickens more than it froths, it is because it

is too rich, — thin it with milk ; now thoroughly stir in the gelatine, which must be cool but not thickened at all ; the whites of two eggs beaten to a stiff froth can be added, — it does not improve the taste but increases the quantity ; if added they must be all ready to stir in with the gelatine ; turn this into the mould and set it on or near the ice to cool if in hot weather ; before serving, place the mould in hot water a few minutes, and the Russe will slip out readily and in form.

### CHOCOLATE CAKE.

One cup butter ; two cups sugar ; one cup milk ; three and a half cups flour ; three eggs, and the yolks of two more ; a half teaspoon soda ; one rising spoon cream tartar.

*Frosting for the same.* — Whites of two eggs with one large cup of sugar beaten well ; three heaping table-spoons of grated chocolate ; flavor with vanilla, beaten and spread on hot. Bake the cake in two thin sheets, and spread the chocolate between for a pleasant variety.

### CHOCOLATE PIE.

One cup butter ; one cup of sugar ; two cups flour ; two thirds cup of milk ; one half teaspoonful soda ; one whole teaspoonfull of cream tartar ; two eggs.

*Frosting for same.* — Whites of two eggs ; two table-spoonfuls sugar ; six teaspoonfuls chocolate ; flavor with vanilla.

### CREAM CAKES.

One half pint boiling hot water ; one half cup butter ; one half pint flour ; three eggs ; one half teaspoonful of

soda. Put the hot water in a pan on the fire ; add the butter ; when melted stir in the flour, and let it boil a minute, stirring constantly ; cool it, stirring occasionally. When cold add the eggs and soda, which have been well beaten. Drop them on a buttered tin some distance apart. Ought to bake in about fifteen minutes ; if taken out before done they will fall. For the cream take one pint of milk ; two eggs ; one cup of sugar ; two thirds of a cup of flour ; a pinch of salt. Mix the flour smooth and thin in part of the milk. Beat the eggs ; add sugar and the rest of the milk ; put this on the fire, stirring occasionally ; when it boils stir in the flour quickly, until it thickens. Remove from the fire ; add one teaspoonful of essence of lemon ; when cold, cut and fill the shells.

### CREAM PIE.

One egg ; one cup of sugar ; one cup milk ; two cups flour ; one even teaspoonful soda ; two rising teaspoonfuls cream of tartar ; one half teaspoonful salt ; piece of butter size of half an egg, melted. Beat up quickly ; divide equally in two cream-pie tins, and bake in rather quick oven. When cold split them with a sharp, thin knife, and fill with the cream. For the cream : one quart milk ; one egg ; one cup sugar ; one teaspoonful flavoring ; six heaping teaspoonfuls of flour ; and a little salt. Prepare in same manner as for cream cakes. Sprinkle the top with sugar. The cream is most quickly made in a spider, and there is but little danger of burning it, if careful. It takes longer to cook it in

a pan set in hot water or in a farina boiler, although it will not burn it.

### CUP CAKE.

Two thirds cup butter, two cups sugar, three cups flour, two thirds cup milk, four eggs, one even teaspoon soda, two rising teaspoons of cream of tartar, a little salt. This rule makes very nice common cake, and by making a little change several varieties can be made by it. To make it richer, add a little more butter and sugar and two or three eggs. This will make two loaves. For variety, take one quarter of the batter, and add one half cup of the meats of common walnuts, cut up rather fine. Take another quarter and bake in two parts; put between them a layer of chocolate frosting, with the addition of enough grated chocolate to make it dark and essence vanilla to suit the taste, spread the frosting again on the top and dry in a warm place. To another quarter add currents or slices of citron, and frost it with white frosting. The remaining quarter bake plain, and frost with yellow frosting; sprinkle the nut cake with confectioner's flour sugar. Now you have four handsome varieties. To make mixed cake, take one half of it and make it dark with cinnamon, nutmeg, clove, and currants (not too much clove), according to taste: lay it in the pans, alternating in layers with the other half. Or divide in two parts, grate into one part chocolate, and flavor with essence vanilla, and bake in alternate layers with the other part. Another way is, to bake in pie-plates with jelly spread between.



**DELICATE CAKE.**

Whites of three eggs beaten to a froth; one cup sugar, two and one third cups flour, one half cup butter, one half cup milk, one rising teaspoonful of cream of tartar, one half teaspoon soda, one fourth teaspoon of salt, one fourth teaspoon of extract of almonds, or if very strong, five drops will be enough. This makes one loaf.

**FEATHER CAKE.**

Three cups flour, one cup milk, one half cup butter, two cups sugar, three eggs, one even teaspoonful soda, two rising teaspoonfuls cream tartar.

**FRUIT CAKE (Plain).**

Two cups flour; one half cup molasses; one half cup sugar; two thirds cup milk; one teaspoon cinnamon; one half teaspoon cloves; one teaspoon soda; one half of a nutmeg, grated; one piece butter, melted, size of an egg; one egg; one cup chopped raisins or currants; a little citron sliced. If desired, one or two more eggs can be added with a little more butter and flour. To make sure the mixture is right, bake a little cake of it and stir the batter before filling the large pans. Frost it and it will make a nice dark cake, good for common use, and will keep for some time. If made richer it will keep fresher.

**FRUIT OR WEDDING CAKE.**

Five eggs; one and one half cups butter; two of sugar; three and one half of flour; two tablespoons



molasses ; one teaspoon soda ; two teaspoons ground cloves ; two teaspoons cinnamon ; one teaspoon allspice ; one pound currants carefully washed and dried ; one pound raisins seeded and chopped ; one half pound citron cut up ; grate in a little nutmeg and add three tablespoons brandy. Bake slowly three hours. Frost it, and do not cut it before it is a week old. This will keep a year if not needed for use. The brandy is introduced in this one receipt for its preserving qualities. The cake *may* keep if water is used instead of brandy.

#### GOLD CAKE.

The yolks of seven eggs ; one cup sugar and three quarters cup butter ; one half cup milk ; two cups of flour ; one half teaspoonful of soda ; one teaspoonful of cream of tartar ; flavor with lemon or anything to please.

#### JELLY CAKE.

Bake a thin sheet of sponge cake ; spread it with jelly and roll up while warm ; do not slice until cold.

#### MARBLE CAKE.

One cup light-colored brown sugar ; one half cup butter ; one cup of milk ; two cups of flour ; one half teaspoonful soda ; whole teaspoonful of cream of tartar ; whites of three eggs.

*Dark part.* One half cup brown sugar ; one quarter cup butter ; one cup milk ; one half cup molasses, or two tablespoonfuls grated chocolate ; two whole cups flour ; yolks of three eggs ; one half teaspoonful soda ; one whole teaspoonful cream tartar ; same of allspice

and same of cinnamon, and one half nutmeg. Place the light and dark in bake-pans in alternate layers.

### OLD-FASHIONED ELECTION CAKE.

Mix a batter same as for bread with yeast, flour, and milk; add one cup butter and two cups sugar creamed together; two eggs, yolks and whites beaten separately; one teaspoonful cloves; one teaspoonful cinnamon; one grated nutmeg; half teaspoonful of soda, and little salt; add flour to make it the consistency of cake; raisins if desired; let it rise in the pans before baking.

### PROMISE CAKE.

One cup butter; two and a half cups sugar; three quarters of a cup of milk; four and a half cups of flour; six eggs; one even teaspoonful of soda; two rising teaspoonful cream tartar; flavor with vanilla. This makes two large loaves.

### JUMBLES (very rich.)

One pound sugar; one pound butter; two pounds flour; three eggs; one teaspoonful soda; flavor with nutmeg or lemon.

### SILVER CAKE.

Two cups sugar; whites of seven eggs; three cups flour; two thirds cup of butter; one half cup milk; one half teaspoonful soda; one whole teaspoonful cream tartar; flavor with bitter almonds; cream the butter and sugar together, and beat the whites of eggs to a froth.

**SPONGE CAKE.**

Beat the whites of four eggs to a froth ; beat the yolks and stir them in ; add one cup of sugar ; one and a half of flour ; a half teaspoon of soda ; one rising teaspoon of cream tartar ; one third teaspoon of salt ; a few drops essence lemon ; stir well together ; beat half a minute and turn into a pan and bake immediately ; be careful and not jar it while baking.

Sponge cake is excellent for children when they first begin to take solid food ; the writer has a family of children and has proved this to be true. Crackers have too much lard in them, and are not generally without oil of vitriol or some other flour whitener. Cookies also are too fatty for little ones.

**SWEET WAFERS.**

One and a half cups sugar, a half cup butter or lard, cream together ; one cup milk ; one teaspoonful cream tartar ; a half teaspoonful soda ; little salt ; good without eggs, use two if desirable ; flavor as preferred, with lemon, nutmeg, ginger, or caraway seed ; use flour enough to roll out and cut into shape ; sprinkle with sugar just before baking and bake quickly.

**THANKSGIVING CAKE.**

One cup of butter ; two cups of sugar ; one cup of molasses ; two cups chopped raisins ; five cups of flour ; six eggs (reserving the whites of two for frosting) ; two rising teaspoonfuls of soda ; one small teaspoonful of clove ; one teaspoonful of allspice ; one teaspoonful of cinnamon. This will make two loaves.

**WALNUT CAKE.**

One and one half cups powdered sugar ; one half cup butter ; one half cup milk ; two scant cups flour ; one cup walnutmeats ; one quarter teaspoonful soda ; one half teaspoonful cream of tartar ; whites of four eggs beaten to a froth.

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**FROSTING.**

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**CHOCOLATE FROSTING.**

WHITES of two eggs beaten to a stiff froth ; add one large cup of sugar ; one teaspoonful vanilla ; three heaping tablespoonfuls of grated chocolate ; well beaten and spread on while the cake is hot. This is enough for two small loaves.

**GELATINE FROSTING.**

Soak one teaspoonful of gelatine in a tablespoonful of cold water fifteen to thirty minutes ; add two tablespoonfuls of hot water, and dissolve the gelatine ; beat in one cup of sugar, and spread on the cake.

**HARD WHITE FROSTING.**

The white of one egg beaten to a froth ; gradually add three quarters of a cup of powdered sugar ; one dessertspoon of corn starch ; flavor with a few drops of essence of lemon, and spread with a knife. Place the cake where it is warm, and dry to harden.

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**PINK FROSTING.**

Add to the ingredients for white frosting a drop or two of aniline dye. Make this by dissolving a few grains of aniline in a little rose water, and have it at hand for use ; or use cochineal.

**SOFT WHITE FROSTING.**

One cup sugar with a little water ; heat until it hairs or thickens ; do not cook it enough to grain it. Beat the white of one egg to a froth ; flavor it, and pour on the melted sugar ; beat quickly, and spread on the cake.

**YELLOW FROSTING.**

Beat three yolks till thick ; then add one cup of sugar ; beat well, and flavor as desired. Spread it on the cake, and dry in a warm oven.

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**GINGERBREAD.**

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**GINGERBREAD (Milk).**

ONE cup molasses ; two even teaspoons soda ; one heaping teaspoon ginger ; one and one half cups sweet milk ; four cups flour ; a little salt, and a piece of lard or butter (melted) size of two small hen's eggs. Butter is best.



**GINGERBREAD (Water).**

One cup of molasses ; one even teaspoon soda ; one rising teaspoon ginger ; melted butter the size of an egg ; one cup boiling water, and one pint flour. Better eaten hot.

**GINGERBREAD (Sour Milk).**

One cup sour milk ; one rising teaspoonful soda ; one rising teaspoonful of ginger ; one cup molasses ; piece of butter or lard (melted) size of an egg ; little salt ; two heaping cups of flour.

**MOLASSES COOKIES.**

One cup molasses, with one even tablespoon of saleratus beaten in (avoid having lumps in the soda) ; melted butter the size of an egg or lard ; one teaspoon of ginger ; little salt. Mix in flour enough to roll out thin. Cut in forms with cake cutter, and bake quickly after wetting the tops with milk.

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**FRIED CAKES.**

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**BUCKWHEAT CAKES.**

ONE pint buckwheat ; one half teacup Indian meal ; pinch of salt ; dessertspoonful of molasses ; two large tablespoonfuls of yeast, or one quarter cake of compressed yeast. Make a thin batter with warm water at



night ; in the morning stir in a pinch of soda, and fry on a griddle.

### DOUGHNUTS.

Use three eggs ; one cup sugar ; one cup milk ; one even teaspoonful of saleratus ; one even teaspoonful of cream of tartar ; one third of a nutmeg (grated) ; one even teaspoonful of salt. Stir in only enough flour so they can be shaped without sticking. Handle them as little as possible, and use no more flour in forming than is positively needful. Have hot lard ready and fry quickly and steadily. Roll them afterward while hot in fine granulated sugar. This recipe makes a large platter full.

### FLAPJACKS.

Make same as sour milk fritters ; fry in large form, and as soon as removed from the griddle, butter, sugar, and grate on a little nutmeg ; treat each one the same, laying in a pile on the dish, then cut down through the whole into quarters ; serve hot. Old-fashioned but generally popular.

### FRIED INDIAN PUDDING.

To boiling water, stir in and boil enough Indian meal and flour to make it a thick pudding, one third flour and two thirds meal ; salt it, and turn it into a deep dish ; let it stand over night, cut into thin slices and fry for breakfast, using only fat enough to keep it from sticking to the griddle ; keep it hot on a pie-plate or tin in the oven until ready to serve. Eaten with molasses or maple syrup, it is very nice. The same

pudding eaten hot with the same sweets and a little butter, or with milk, is healthy and relished by children as well as others.

### **NEW HAMPSHIRE CAKES.**

Make and cook them like doughnuts, but do not use more than one third the quantity. Roll out very thin and cut them in flat rounds, about seven inches across. Fry in hot fat; pile them in a dish, spreading each one freely with cranberry sauce. If the cakes be too thick, split them and make two of them. Serve hot. Mash the berries in the sauce while cooking, and stew in half their weight of light brown sugar.

### **PANCAKES.**

One pint of milk, four eggs, little salt and a pinch of soda; beat the eggs separately; add the other ingredients and flour enough to make a stiff batter. Drop with a spoon in hot fat and fry like doughnuts. Eat hot with sugar and molasses, or sweet sauce, adding a few drops of lemon juice or vinegar; some may prefer to quarter soft apples and fry a piece in each pancake.

### **SOUR MILK FRITTERS.**

If the milk is not too old, one rising teaspoon of soda will be enough to sweeten a quart; with it make a batter of flour and fry on a griddle; add one or two eggs if preferred. Serve with butter and sugar or maple syrup.

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## PRESERVES, JELLIES, AND SAUCES.

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### BARBERRY JELLY.

THIS relishes well with meat. Make it same as grape jelly, with a little less boiling.

### CIDER APPLE SAUCE.

Take new cider before it has worked ; boil it down one half. Peel, core, and quarter the apples, and boil slowly in the cider several hours. Use sweet, sour, or mixed apples.

### CITRON MELON.

Peel and seed the melons ; cut them into small pieces or strips, start them to boil in cold water, and boil until tender ; drain out ; return them to the kettle with their weight in sugar, with water to cover the bottom of the kettle ; add a tablespoonful of ginger-root, or a lemon cut in pieces ; boil until clear ; put into glass jars, with a few pieces of the ginger-root.

### CRAB-APPLE JELLY.

Stew the apples in a little water until they are thoroughly soft, then squeeze them and cook as grapes about three fourths of an hour.

**PRESERVED CRAB-APPLE.**

Wipe them smooth and clean, leaving the stems on ; prick them well, and put them in the preserve kettle in water enough to cover them, let them boil slowly several minutes till soft, — not long enough to break to pieces ; drain them out as fast as they soften ; put into the kettle their weight of sugar, and enough water to cover the bottom of the kettle ; boil this twenty minutes, skim it if necessary ; put in the fruit and boil slowly fifteen minutes ; put the apples into glass jars, and if the syrup is not clear, boil it until it is, and then turn it over the fruit. Cover the jars close.

**CRANBERRY SAUCE.**

Stew the berries slowly till done, with equal weight in sugar and half a cup of water. Avoid mashing the berries with the stirring spoon, while cooking. This sauce is a pleasant addition to poultry dinners. If jelly is preferred, mash while cooking and then strain.

**CURRANT JELLY.**

After picking over the fruit, break it up with a spoon ; heat it, and squeeze it while hot as it can be handled, through a coarse cloth ; take one pint of juice to one pint of sugar ; heat the sugar in the oven, but do not brown it ; when the juice has boiled fast five minutes, add the hot sugar and boil five minutes longer. Stir all the time. This receipt has been used by the writer many years, and never fails.

### GRAPE JELLY.

Wild grapes are much the best. Take them from the stems and heat them in enough water to cover the bottom of the kettle; squeeze them while hot through a coarse cloth; to one pint of juice add one pint of sugar; boil it slowly for one hour, stirring it often; pour it into jars, etc., that can be covered with paper and tied around after it is cool. This is convenient for jelly cake.

### PEACHES, PEARS, ETC.

Peaches, pears, etc., make very good preserves with one half their weight in sugar; peel the fruit; if pears, preserve whole; if peaches, halve and stone them; boil them in water to cover them until soft, then add the sugar and stew twenty minutes or half an hour; stew the pears the longest. Seal them in glass jars while hot.

### PRESERVED PLUMS.

Prick, and stew them slowly in their weight of sugar, with water enough to cover the bottom of the kettle; boil them about one and one half hours. Cover close to set away.

### QUINCES.

Pare, quarter, and core them; stew the cores and parings in water to cover them, stirring often, or the parings will stick; strain this through a fine wire strainer; this liquid should be gelatinous. Boil the quinces until soft, in water to cover them; take each



piece out with a fork ; return the quinces, the gelatinous liquid, and equal weight of sugar to the kettle, and boil slowly an hour, and the result will be a fine preserve.

### **RASPBERRY, BLACKBERRY JAM, ETC.**

Pick over and clean the fruit ; avoid washing, unless positively necessary, and do not jam, but let it drain, and put it in a porcelain-lined kettle, allowing one pint of fruit to one pint of sugar ; mash it thoroughly with the hands ; boil it slowly half an hour or more. Blackberry requires a little more time. Pour it into open or closed jars ; if open, cover with paper when cold. Keep all preserves, etc., in a cool, dry place ; the upper part of the house is the best. The jars will crack when the hot liquid is poured into them, unless care is used. Set the glasses out of the current of air ; put in a spoonful of the liquid on the centre of the bottom ; add several more until the glass is well steamed ; then pour into the centre until the glass is filled.

### **STEWED DRIED FRUITS.**

Always soak over night, after carefully washing. Stew until soft in the water they were soaked in ; add sugar or molasses, and stew slowly until done.

### **STRAWBERRIES.**

This fruit requires equal weight of sugar. Cook same as raspberries ; do not mash them.

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## HOT DRINKS.

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IN preparing tea, coffee, etc., earthen teapots are superior to metal for boiling or steeping. Tin after a short using impairs the flavor of the beverages, earthen never.

### CHOCOLATE.

Grate a piece one inch square on a potato grater or cut it up with a knife ; dissolve it on the fire in a cup of cold water, and let it come to a boil or until it is all dissolved ; add milk enough to make it the desired strength ; then boil it up once and serve. Watch it, for it will boil up and over quickly after the milk is added.

### COFFEE.

A tablespoonful of coffee is a fair proportion for one person ; place this in the pot with a bit of washed and dried salt-fish skin, size of a five-cent piece. Turn *boiling* water on it ; boil it ten or fifteen minutes ; turn a little in a cup and turn it back again in the pot ; keep it hot, but do not boil it any more, and in two minutes the coffee will be perfectly clear. Serve it always with hot milk or warm cream. Some beat up the white of an egg with the coffee before it is placed in the pot ; others use the whole of the egg ; while still others beat up egg and shell both with the coffee and a little cold

water before turning the boiling water on it. Prepared with care and served with hot milk, or with cream, the old method, as above, will produce clear and fine coffee. There is really no need of any additions or of patent pots. A pinch of chicory will prevent, it is said, any injurious effect.

#### COFFEE FOR A FESTIVAL OR PICNIC.

Java or Mocha equally mixed make a good relishable drink. For one hundred persons make two bags of cotton or muslin cloth, large enough to hold *three* pounds of coffee each. Put *two pounds only* in each bag, which will allow room for the swelling of the coffee. Place them in four or five gallons of boiling water, and boil for twenty minutes. Take out the bags, and sweeten to suit the general taste, *before adding the milk*. Then pour in warm or hot milk, using half as much milk as there is coffee, and keep it hot. This will make a rich, clear, and popular drink. If too strong, weaken with hot water or milk. Adhere to this rule, rejecting all of the many suggestions that may be proffered, and the result will give perfect satisfaction.

#### CRUST COFFEE.

Take pieces of brown bread; dry them in the oven slowly and hard; put some in an earthen teapot; turn boiling water on to them and boil fifteen minutes. Serve with milk or cream and sweeten to taste. Many prefer this to imported coffee; it is nutritious and more healthy, especially for children and aged people. If the pot is kept in a cold place the coffee left in it can be used several times.

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### TEA.

Always use fresh drawn water, straight from the pump or faucet. Into a quart earthen teapot put in two heaping teaspoonfuls of tea ; as soon as the water boils in the teakettle *very fast*, and not until it does, pour it directly on to the tea in the pot, nearly filling it, or less as the strength of the potion may be desired. Steep it ten or fifteen minutes on the fire, but do not let it boil again. If turned into another pot to serve from, have the teapot hot, using scalding water ; all tea lovers are pleased with *hot* tea.

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## VARIOUS RECEIPTS.

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### BRINE OR PICKLE.

ONE quart of coarse salt to one gallon of boiling hot water ; stir it occasionally, adding one cup of sugar until the salt is dissolved and the liquid cold.

### CHOCOLATE CARAMELS.

One and a half cups molasses ; one cup sugar ; one half cup butter ; one fourth pound chocolate ; flavor with vanilla and boil till done ; to be sure, try a little in cold water, and if brittle it is done.

### CORN BALLS.

Put on the fire the same ingredients (except soda) as for molasses candy ; boil fifteen minutes ; have a

large dish of popped corn ready, turn the molasses hot on to the corn ; make it up into balls.

#### **DUTCH COUNTRY CHEESE.**

Boil sour milk slowly until the whey rises to the top ; pour off the whey ; put the curd in a cloth and let it drip over night ; do not squeeze it ; chop it with a spoon ; salt it to taste and mould it into balls ; some add a little butter.

#### **CREAM BEER.**

Two pounds sugar ; one quart hot water ; juice of one lemon ; two ounces of tartaric acid ; boil these together five minutes ; when cold add the whites of three eggs beaten to a stiff froth, with half a cup of sifted flour stirred in the beaten egg ; flavor with two ounces essence checkerberry ; bottle and keep in a cool place ; shake vigorously before using. Put two tablespoons of the syrup in a tumbler two thirds full of ice or cold water, add one third teaspoon of soda, stir, and drink while foaming.

#### **HOME-MADE YEAST.**

Grate six raw potatoes, adding while grating boiling water to make it the consistency of yeast ; boil it half an hour ; add one half a cup of sugar and same of salt ; when lukewarm add one cup of yeast, and when well risen, put it in a covered jar, or bottle it ; this will keep a long time.

#### **INDIAN MEAL GRUEL.**

Boil one pint of water ; stir in one heaping teaspoonful of Indian meal, previously stirred in a little cold



water ; boil it slowly twenty or more minutes ; stirring often ; salt it, and if preferred, add a little sugar and milk to it.

### MOLASSES CANDY.

Two cups molasses ; one cup sugar ; one teaspoon vinegar ; a bit of butter ; cook in a spider, and it will be done in about twenty minutes. After taking it off the fire, stir in a little bit of soda. It will thicken like mud when done ; to be sure, drop a little in cold water : it will harden if done ; if not carefully attended to it will burn ; run it into pans and pull when nearly cool ; cut into sticks, but do not place it where it is very cold, or it will sweat.

### PICKLES.

Select perfect cucumbers ; wash them, but do not rub them ; put them in firkins or stone jars (avoid iron) near the fire ; cover them with salt and water, one large pint of salt to a pail of water, placing something underneath the vessel to protect the floor from the effects of the salt ; cover them and soak from noon of one day to the afternoon of the next ; then take the brine and scald it, taking off the scum, using only tin or porcelain kettles ; place the pickles back in the firkin, and after the scum is done rising pour the brine hot over the pickles ; cover and let them stand until the next morning. Take them out again, and soak them in lukewarm water about an hour ; drain and put them into jars, filling nearly to the top. To each gallon jar add a piece of alum as large as a walnut, a tablespoonful of mustard seed, a teaspoonful of whole cloves, a piece

of horse-radish root size of a small egg, cut into strips. Lastly, take pure cider vinegar, scald it and pour it over the pickles hot. If the vinegar is good they will never skim over, and will keep a great while.

This recipe will produce better pickles than can be imported.

#### CHICKEN OR LOBSTER SALAD.

Pick the meat into small pieces with the fingers, discarding the dark meat of the chicken, and the liquor and hard ends of the lobster. Slice some celery with a knife, and mix with it, moistening with a little dressing (to be made). Carelessly place under, through and on it a few lettuce leaves torn, not cut to pieces.

For a dressing, boil three eggs hard, cool them in cold water; skin them; cut in halves, take out, and reserve the yolks; cut the whites into slices forming rings. Crumb and mash the yolks with a spoon, beating in the yolks of two raw eggs which have been previously beaten thick; add one saltspoon of salt; one of pepper; one of mustard; one dessertspoonful of olive oil; two of vinegar; and two great spoonfuls of cream. Beat well and turn over the prepared meat. Garnish the dish with the egg rings, the red coral from the lobster, and a little parsley. Change the quantity of seasoning to suit taste, leaving out the oil, if objectionable.

#### TOMATO CATSUP.

Fifty medium-sized tomatoes, ripe; two large onions; six peppers, use only one half of the inside of the peppers. Scald and peel the tomatoes; chop the

onions and peppers together fine ; add four tablespoons of salt, four dessertspoons cinnamon, four teaspoons of clove, and four cups of pure vinegar ; two cups of sugar. Stew slowly two hours, stirring occasionally ; then add four cups more of vinegar ; boil slowly several hours more, or until the mixture does not separate.

#### TO SWEETEN MEAT.

A piece of meat not perfectly sweet to the smell can be improved and perhaps thoroughly sweetened by soaking it a little while in water with soda dissolved in it. Treat fowl the same way, or as some prefer, put a lighted piece of charcoal in it, and shake it for a moment.

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### MISCELLANEOUS.

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#### ANTIDOTE FOR POISON.

A TABLESPOONFUL of mustard mixed in a cup of lukewarm water with a little salt ; drink instantly ; it must produce vomiting at once to be beneficial ; repeat the dose until it does.

#### TO CLEAN MARBLE SHELVES, SET BOWLS, ETC.

Rub with moistened bread soda, and then wash with soap suds.

#### CLEANSING SINK SPOUTS.

Dissolve one or two pounds of washing soda in boiling water, and turn down the sink spout occasionally ; it will destroy the grease that accumulates and stops up the flow. Clean the waste pipes that lead from

set bowls, by pouring down a strong solution of potash dissolved in hot water; it will destroy all animal matter, hair, etc., and saves calling a plumber; do it before the pipe is completely closed. Avoid contact with hands or clothing of this solution.

#### **STINGS.**

Liquid ammonia applied immediately and freely to the place stung by an insect will eradicate the poison in a few moments completely.

#### **BRUISES.**

Soak wormwood in a large-mouthed bottle with alcohol; bathe the bruise or part struck thoroughly with the decoction; this will heal it. Rub it well; the friction will prevent the blood from settling around the parts hurt; if too tender to bathe, lay on a cloth, and keep it well saturated. Tincture of arnica is good also; arnica flowers soaked in alcohol make it.

#### **BURNS OR SCALDS.**

Wet the burnt part, and cover immediately with cooking soda; butter or salt, either will draw out the heat in a few minutes. If very bad, cover with a scraped potato; renew when it gets hot, until the part is comforted.

#### **CUTS.**

Make a little plat of tarred oakum, — the untwisted yarn of tarred rope is the same, — and bind or wind it on the cut; keep it on as long as possible, it will relieve the pain and heal the cut; or bind up with fir balsam or brown sugar.

**RUSTY NAIL WOUNDS.**

A puncture wound by a rusty nail, etc. Bind on a piece of salt pork rind, fat side next to the wound ; it will prevent any bad effect from the wound. Sometimes a hurt of this kind is very serious in its result.

**MOTHS IN CARPETS.**

Wet the floor a quarter of a yard from the baseboards with strong alum water, before laying the carpet. Pepper sprinkled the same way is effectual, but objectionable on account of its effect on the eyes and nostrils. Another plan is to iron the carpet around the edges, have the iron quite hot, and iron over paper to prevent scorching. This will destroy moth eggs if there are any.

**RED ANTS.**

Hot alum water freely applied when red ants are troublesome will drive them away.

**TO REMOVE GREASE SPOTS.**

To remove spots of grease, etc., from woollen clothing : Take a quart of soft or rain water ; add one half teaspoonful of soda ; one half ounce sal nitre ; bring the mixture to a boil, let it cool ; add two ounces alcohol, same of ammonia ; cork tight.

**ANOTHER WAY.**

A good quality of benzine is efficient for the same purpose ; the odor alone is objectionable ; it must be rubbed dry or it will settle.



**TO REMOVE FRUIT STAINS.**

To remove fruit stains from table-linen: Carbolic acid size of a walnut, dissolved in half pint of water, will remove fruit stains, etc.

**SWEEPING CARPETS.**

Moisten some Indian meal with water; sprinkle it over the carpet and sweep before it dries; it will not injure the carpet and will prevent dust.

**TO WASH RED TABLE LINEN.**

Wash in clean warm water, using but a small quantity of soap; a little pulverized borax added will set the color; rinse in warm water with a little boiled starch; dry in the shade, iron when almost dry, and do not use too hot an iron.

**TO PREVENT EARTHEN-WARE FROM CRACKING.**

Take a new earthen teapot, cover it with cold water in an iron kettle; cover and let it come to a boil, boiling slowly but steadily for several hours; take off the kettle and set away to cool, and when cold take out the teapot. This will prevent it from ever breaking from the heat of the fire.

## CHILDREN.

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THESE little blessings in the home suffer themselves and often cause anxiety, which might be avoided by exercising in a practical way the love which the parental heart is ever ready to bestow. We offer a few suggestions: If a young baby frets and cries with wind colic, sweeten a little hot water with sugar, and feed the child with it. This is better than anything of a spirituous or narcotic nature; it will relieve, and no bad effects will result from its use. Watch carefully the hands and the actions of the bowels in the little ones: cold hands or feet indicate ill health, or that the child is not dressed warm enough. The least irregularity of the bowels needs to be attended to at once; a long sickness may be averted in a few hours. If children unavoidably get their feet wet, soak the feet in warm water, or dry-rub them until warm, or give them a warm bath and keep them in bed several hours. Never let children go to sleep with cold feet; in cold weather wrap the feet loosely in a square of flannel: they will clear themselves from it as soon as warm; the little ones enjoy it, and an attack of croup or sore throat is often scattered in this way. Teach children not to sit on damp ground: a cold and its attendant evils often develop from it, the cause remaining a mystery to the parent. Also teach them not to

throw off any portion of clothing, because they are "so hot," after violent exercise; quietly cool off out of the wind in the sun, or in the house, or walk around. Because a child endures an exposure once and does not sicken, it does not follow that it can be repeated with safety.

If a child is cold and sneezes often, it is generally the forerunner of a cold; attend to it immediately and thwart a serious illness.

Do not house the little ones: they can go out in all weathers if properly clad and protected.

A handful of raisins given to children every day will cure them of what is generally termed "wetting the bed" at night; they are not unhealthy excepting previous to "getting their teeth." Adult persons troubled with weakness of the bladder and kidneys can be benefited, if not cured, by using the same simple remedy. Experience in many families has proved these assertions to be correct.

Experience and observation have demonstrated that attention to these little things in regard to children will save the expense attendant upon sickness, many hours of anxiety, and perhaps grief, as well as the pains and suffering of the little ones. Give the children plenty of good digestible food, never urging if not wanted (for if a child does not eat there is a cause; be sure and find it), and keep them warm, and their chances of living and growing up to bless you are almost certain.













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